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DIPLOMATE AMERICAN BOARD OF INTERNAL MEDICINE
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EASY-DOES-IT

Taking 'Easy' to the Next Level

WHAT IT IS:

- Supports patients with insomnia, weight loss, stress, depression, fibromyalgia
- Important for patients needing to boost serotonin, the "feel good" hormone
- Natural, non-habit forming

WHY YOU NEED IT:

Easy-Does-It is made from an extract of the African seed pod of Griffonia and contains 5-HTP (5-hydroxytryptophan). Our bodies can turn 5-HTP into serotonin which is known as the "feel good" hormone because it is one of three key hormones that help us feel happy, satisfied, full, sleepy, and peaceful.

Lately, the whole world seems to have a deficiency of this hormone.

Some people are just born with a natural deficiency of this hormone and others may "run out" of serotonin due to stress and burn out. Easy-Does-It targets patients needing to restore a normal level of serotonin in the body and support people who are suffering with the symptoms of a serotonin deficiency.

These symptoms include trouble getting or staying asleep, insatiable carb or sugar cravings, feelings of anxiety and panic, chronic low mood or feeling "blue", and fibromyalgia complaints (tender, aching muscles, hypersensitive pain response, poor sleep quality, fatigue, and morning stiffness).

5-HTP has been clinically studied in these conditions and been found to support patients without the side effects and dependency of prescription medications. 5-HTP has been tested against some prescription anti-depressant medications as well.

If you have trouble getting a good night's rest, cannot lose weight because of cravings, feel stress-out or anxious, have depression, or symptoms of fibromyalgia (tender, aching muscles, hypersensitive pain response, poor sleep quality, fatigue, and morning stiffness), then Easy-Does-It could be the natural supplement that provides the necessary support for you when you need it most.

HOW IT HEALS:

Imagine a three-legged stool with one of its legs accidentally manufactured with one leg a little shorter than the other three. On flat ground, the stool will wobble because of the one shorter leg. The foundation of your mental health rests on three "legs," three hormones that help to keep brain chemistry in balance. These three hormones are dopamine, norepinephrine, and serotonin.

If you have symptoms that include trouble getting or staying asleep, insatiable carb or sugar cravings, feelings of anxiety and panic, chronic low mood or feeling "blue", and fibromyalgia complaints (tender, aching muscles, hypersensitive pain response, poor sleep quality, fatigue, and morning stiffness), then you may have been born with or developed a deficiency of serotonin.

In other words, the three-legged stool on which your mental health rests may have been simply manufactured (from birth) a little too short or been worn down (due to stress), causing you to experience an uncomfortable unsteadiness of mood, sleep, weight, and pain.

A dose of Easy-Does-It is like putting a nutritional supplement right under the shortened serotonin "leg" providing the balance you need.

Usual Dosage: In support of patients looking for weight loss, depression, anxiety, and fibromyalgia, take one to two capsules three to four times daily, preferably before meals on an empty stomach. In support of patients looking for a good night's rest, take one to three capsules on an empty stomach at bedtime and/or on waking in the night.